

STINGER BASKETBALL 1996-97



Concordia
UNIVERSITY



Good Luck!

from
Connaisseur



Autocar Connaisseur

1140 Wellington St., Montreal, Quebec, H3C 1V8

934-1222

Official Carrier of the Stingers



Concordia
UNIVERSITY

Rector and Vice-Chancellor
Dr. Frederick Lowy

Enrolment

13,345 full-time students
11,495 part-time students

Colors

Maroon, Gold, Black & White

**Department of Recreation
and Athletics**

Loyola Athletic Complex

7200 Sherbrooke St. W.,
Montreal, Quebec
H4B 1R2

Victoria Gym

1822 de Maisonneuve Blvd. W.,
Montreal, Quebec
H3G 1M8

Athletic Facilities

Concordia Stadium (5,000)
Concordia Gymnasium (750)
Concordia Arena (1,500)

Intercollegiate Sports

Basketball
Cross-Country
Football
Hockey
Rugby
Skiing
Soccer
Track & Field
Volleyball
Wrestling

Athletic Affiliations

CIAU
OUAA
O-QIFC
QSSF

**Director of Recreation
and Athletics**

Harry Zarins

**Sports Information and
Publications Co-ordinator**

Catherine Grace
848-3862

Marketing Co-ordinator

Gerry McGrath
848-3868

Contributors

Paul Hrasko
Andrew Soong
Dwayne Spence
Uzo Ubani

Design

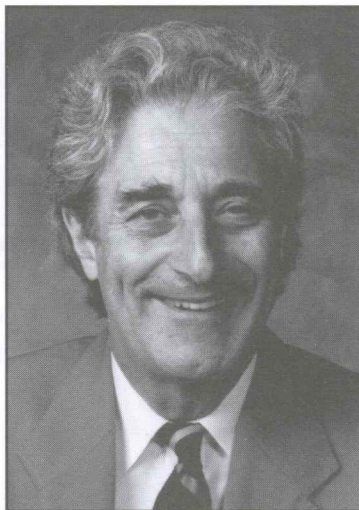
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O'keefe Printing

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José Bouthillette



Frederick H. Lowy
Rector & Vice-Chancellor

Fred. Lowy

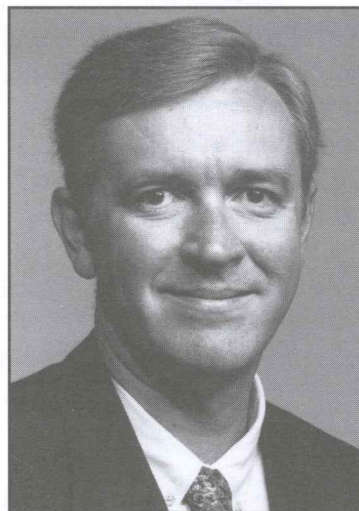
Welcome to yet another exciting season in the continuing tradition of the Concordia Stingers men's and women's teams.

The Stingers have achieved prominent successes in the past, and I know our athletes will continue to represent Concordia well in the future. They have demonstrated a willingness to work hard and aim high. Their efforts are symbolic of the Concordia mission – a commitment to develop ourselves to full potential.

A university education is more than formal classes, seminars and laboratories. It includes the informal intellectual, social, athletic and cultural encounters that enhance understanding of ourselves and of what we are capable.

Intercollegiate sports are an important part of the Concordia experience. Our teams are competitive and continue to be a source of pride to the entire University community. They deserve our full support and loyalty.

Enjoy the games and join me in encouraging the Stingers during the upcoming season.



Harry Zarins
Director of Recreation & Athletics

Harry Zarins

On behalf of the Department of Recreation and Athletics, I would like to welcome you to one of the great traditions of Concordia University. Welcome to the 1996-'97 intercollegiate sports season.

Leadership, strength and determination characterized by athletic endeavor are attributes that have long been associated with the development and growth of young men and women. This season another group of student-athletes will step up to the challenges and opportunities presented by interuniversity sports. Through their efforts we all gain a sense of the values that are a common thread throughout our university.

I would like to offer my heartfelt thanks to all the people whose support helps keep the Stingers on the leading edge of Canadian university varsity sports. Our student-athletes would not be able to reach such a high level of excellence without the support of sponsors, alumni, fans, friends and family.

I urge you to join me in cheering the Stingers on to great success. I hope to see you often.

And now... The Concordia University Alumni Association

Your Alumni Association brings you a variety of programs and events.
Call the numbers below for more information.



Mentor Program

The Mentor Program matches students with alumni to help students formulate career goals. Call 848-3825.



Career Fair

"Careers in the Real World" brings industry leaders to the University for a day-long career fair giving students a chance to learn about the "real-world" of work. Call 848-3825.



C*A*S*T

Participate in the development of Concordia's Alumni Student Team. Get involved in initiating and evaluating alumni/student projects and become an Ambassador for the University. Call 848-3815.



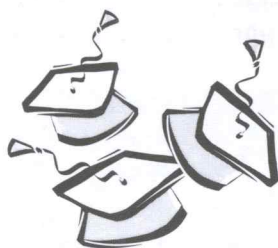
Homecoming '96

Join us for an assortment of events October 3 – 5, including lectures by Ovide Mercredi, National Chief, Assembly of First Nations, and Hana Gartner, CBC TV National News personality. Call 848-3815.



Alumni Recognition Awards

Students are encouraged to submit nominations for the Outstanding Student Award and the Award for Excellence in Teaching. Call 848-3817.



Grad Finale

This Convocation party, held in June assembles new graduates, their families and friends, and alumni for a lively celebration. Call 848-3815.

Welcome to Concordia University

With approximately 25,000 students (of which 13,346 study full-time), 3,000 faculty and staff members, and more than 80,000 alumni worldwide, Concordia University is one of Canada's largest and most dynamic institutions of higher learning.

Students can choose from 160 undergraduate and graduate programs in four faculties: commerce and administration, fine arts, engineering and computer science, and arts and science. Also, integrated within the faculties are seven colleges and more than a dozen research centres.

The university has two campuses: Sir George Williams, which has approximately 42 buildings spread over 13 blocks of downtown Montreal; and Loyola, which sits seven kilometres away on 46 acres in west-end Montreal. The latter has 37 buildings.

From its founding institutions — Loyola College (1896) and Sir George Williams University (1873) —



Concordia has inherited a tradition of superior teaching supported by the best possible scholarship, creative activity, research and service to society.

Although the majority of its students are recent CEGEP graduates, Concordia maintains an openness to part-time studies, flexible class schedules and an interdisciplinary approach to learning for men and

women of all ages and backgrounds.

Concordia University provides students with programs and services to enhance their academic achievement and promote their personal development as responsible, well-rounded individuals. Student Services recognizes that all development, both intellectual and personal, is affected by a number of circumstances: financial, cultural, physical, ethical and psychological. A wide range of activities and services helps students to cope with challenges in these and other areas.

The overall aim of all programs is to ensure that students can make the most of their university experience. As a reflection of these principles, there are six Student Services Directorates: Recreation & Athletics, Financial Aid & Awards, Advocacy & Support Services, Counselling & Development, the Dean of Students and Health Services.

For general information on Concordia University call the public relations department at 848-4880. For details on admissions call 848-2668.



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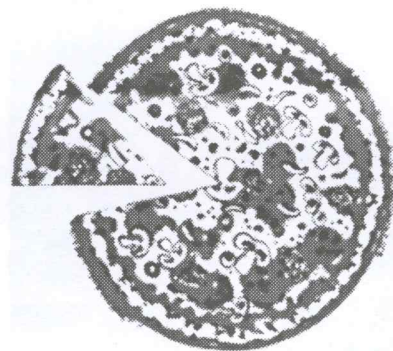


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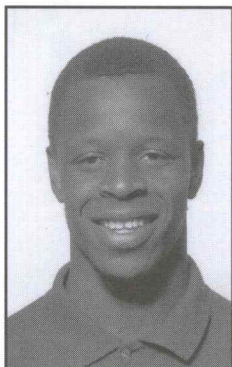
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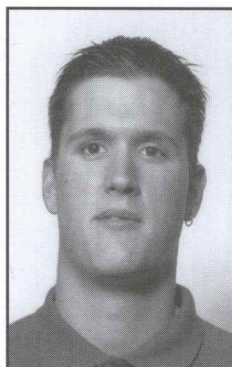
FAX: (514) 339-1144

Concordia Men's Basketball Team



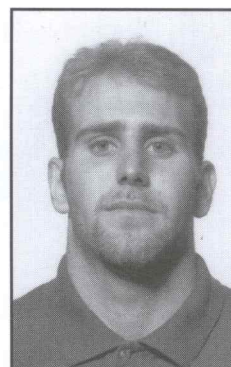
#10
Glenwyn
Alexander

Forward
6'3"
205 lbs.
Administration 1
St. Laurent, Que.



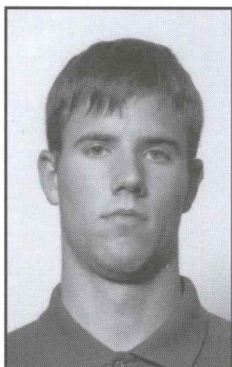
#35
Eric Bouris

Centre
6'8"
240 lbs.
Leisure Studies 2
Barrhaven, Ont.



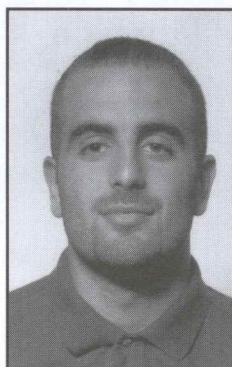
#32
Daniel Furlong

Guard
6'3"
205 lbs.
Sociology 4
Pierrefonds, Que.



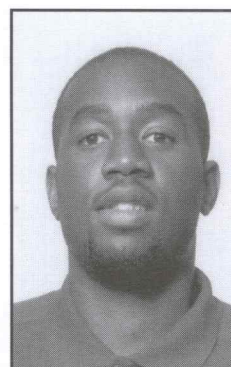
#5
Bill Gagné

Guard
6'2"
170 lbs.
Political Science 1
Pierrefonds, Que.



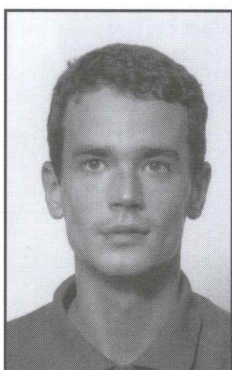
#14
Gus Gymnopoulos

Guard
6'2"
195 lbs.
Economics 1
Toronto



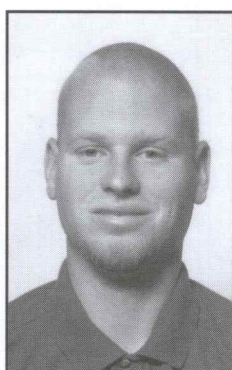
#22
Damion Lewis

Centre
6'6"
245 lbs.
Economics 2
Pierrefonds, Que.



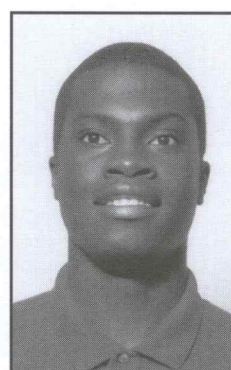
#33
Alexei Nemtchinov

Guard
6'0"
170 lbs.
Spanish 1
Moscow,
Russia



#20
Cory Peddie

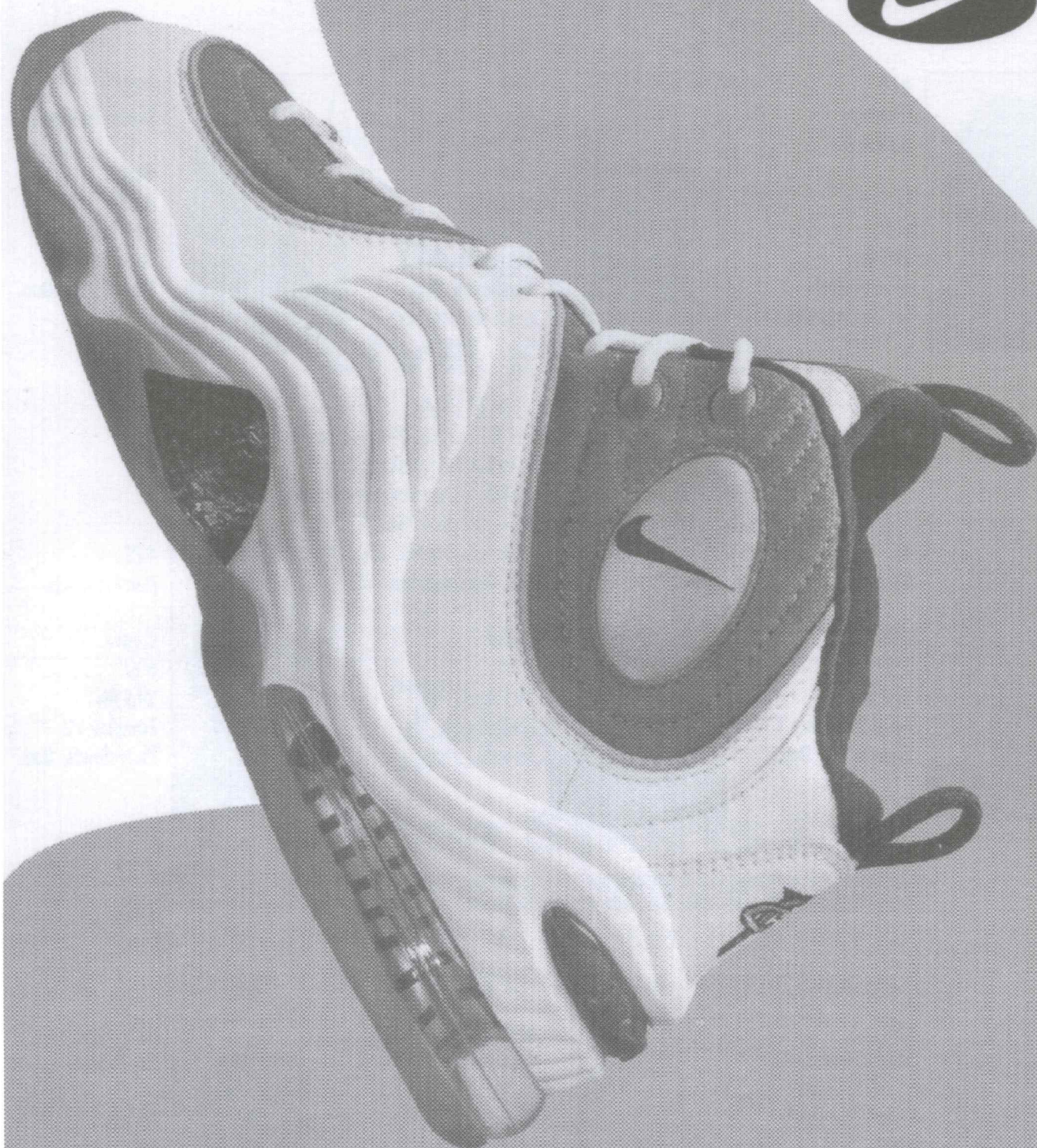
Guard
6'3"
200 lbs.
Sociology 2
Howick, Que.



#25
Jay Prosper

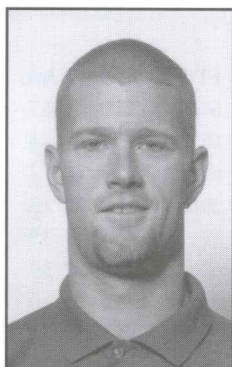
Forward
6'4"
200 lbs.
Sociology 2
Montreal

Air Penny - basketball



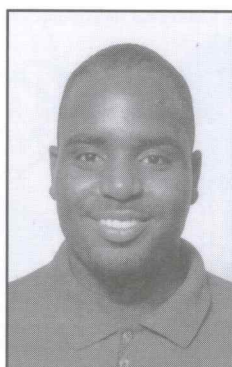
**See Penny run.
See Penny pass.
See Penny trate.**

Concordia Men's Basketball Team



#4
J.P. Reimer

Forward
6'6"
220 lbs.
History 5
Laval, Que.



#3
Mark Spence

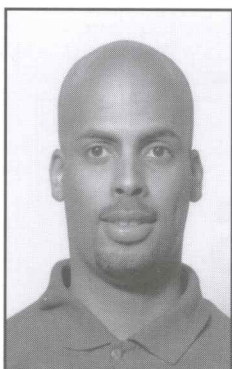
Guard
5'9"
175 lbs.
Economics 1
LaSalle, Que.



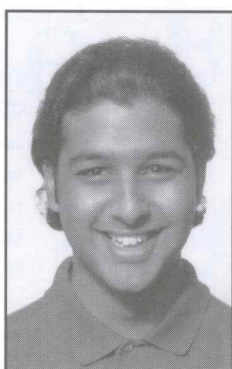
#15
Johnny Yotis

Guard
6'0"
180 lbs.
History 3
Montreal

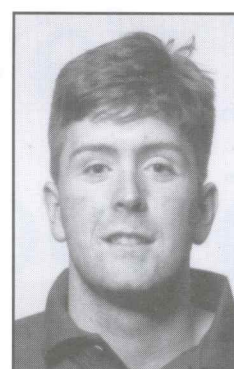
Support Staff



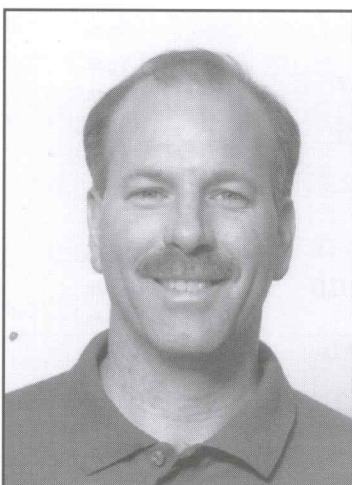
Gavin Broomes
Student Therapist



Faisal Naqvi
Student Therapist

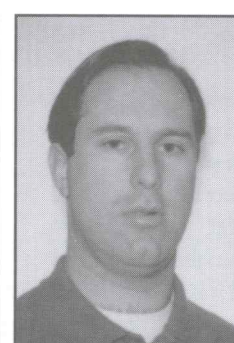


Scott Mawhinney
Team Manager



John Dore
Head Coach

In his seven seasons as head coach of the Concordia Stingers, John Dore has made seven trips to the Canadian Interuniversity Athletic Association nationals in Halifax. He won the coveted university crown in 1990 and had his second best showing in 1995, when the Stingers finished No. 2 in the nation. In addition to having a reputation for winning, Dore is known for his ability to develop young athletes. An impressive number of All-Canadians have emerged under his tutelage. To that end, Dore has also work extensively with the Canada's various national teams. In 1995, he coached Canada's entry at the World University Games in Japan. Next summer, he will be the head coach of Canada's entry in the Maccabiah Games in Israel.



Ernie Rosa
Assistant Coach

Ernie Rosa is back with the Stingers after a one-year sabbatical from coaching. Rosa is a former Concordia power forward and team captain, who ended his five-year playing career by winning a national championship in 1990. Rosa also works for Montreal's Sun Youth Organization, where he is an administrator of their recreational programs.

Concordia Men's Basketball Stats

QSSF Men's Standings

TEAM	GP	W	L	F	A	Pts.
Concordia	12	8	4	1008	899	16
Bishop's	12	7	5	911	839	14
McGill	12	5	7	867	896	10
Laval	12	4	8	817	969	8

Leading Rebounders

Name	Team	GP	ORB	DRB	TRB	RPG
J.P. Reimer	Concordia	12	38	56	94	7.8
Stewart Clark	Bishop's	12	26	57	83	6.9
Maxime Bouchard	Concordia	11	22	52	74	6.7
Gaetan Prosper	Concordia	12	37	34	71	5.9
M.C. Dabe	Laval	12	31	37	68	5.7

Leading Free Throw Shooters

Name	Team	GP	FTM	FTA	Pct.
Stewart Clark	Bishop's	12	36	46	78.3
Rob Burns	Bishop's	12	35	46	76.1
Ryan Thorne	Bishop's	11	22	30	73.3
Yann Roy	Laval	12	23	33	69.7
J.P. Reimer	Concordia	12	27	39	69.2

Leading Field Goal Percentage

Name	Team	GP	FGM	FGA	Pct.
Rob Burns	Bishop's	12	54	78	69.2
Stewart Clark	Bishop's	12	71	114	62.3
Greg Southward	Bishop's	10	36	58	62.1
Ezra Franklyn	Concordia	12	32	55	58.2
Ryan Schoenhals	McGill	12	46	81	56.8
J.P. Reimer	Concordia	12	78	145	53.8

Leading Scorers

Name	Team	GP	3FG	2FG	FTM	PPG
Maxime Bouchard	Concordia	11	36	58	40	24.0
F.E. Elysee	Laval	12	7	68	48	17.1
Patrice Lemieux	Bishop's	12	18	56	23	15.8
J.P. Reimer	Concordia	12	1	78	27	15.5
Stewart Clark	Bishop's	12	0	71	36	14.8

Concordia Individual Statistics

No.	Name	GP	2FG	2FG%	3FG	3FG%	FT	FT%	Pts.	Ave.	RB	Ave.
10	Maxime Bouchard	11	58	49.2	36	37.9	40	64.5	264	24.0	74	6.7
4	J.P. Reimer	12	78	53.7	1	14.2	27	69.2	186	15.5	94	7.8
33	Gaetan Prosper	12	49	46.6	5	17.2	30	61.2	143	11.9	86	7.1
22	Fred Arseneault	11	36	52.1	3	8.3	17	50.0	92	8.4	35	3.2
12	Ezra Franklyn	12	32	58.2	0	0.0	16	57.1	80	6.6	47	3.9
32	Daniel Furlong	9	14	36.8	5	27.7	10	52.6	53	5.8	29	3.2
25	Jay Prosper	12	21	42.8	0	0.0	24	51.1	66	5.5	36	3.0
30	Justin Padvaikas	12	21	45.6	0	0.0	24	66.6	52	4.3	30	2.5
15	Johnny Yotis	11	5	33.3	3	14.3	20	83.3	39	3.5	14	1.3
14	Gus Gymnopoulos	6	2	28.6	3	50.0	2	33.3	15	2.5	14	2.3
20	Cory Peddie	6	1	25.0	1	16.6	2	100.0	7	1.2	8	1.3
35	Eric Bouris	5	2	40.0	0	0.0	1	33.3	5	1.0	4	.8

1996-'97 Men's Basketball Schedule

Oct. 25 & 26	Concordia Nike Centennial Tournament
Nov. 1 & 2	Carleton Tournament
Nov. 8 & 9	Laurentian Tournament
Nov. 15	vs. Queen's 8 p.m.
Nov. 16	vs. Toronto 8 p.m.
Nov. 22	@ Carleton 8 p.m.
Nov. 23	@ Ottawa 8:30 p.m.
Nov. 29	vs. Bishop's 8 p.m.
Nov. 30	vs. Laval 8 p.m.
Jan. 3-5	Rod Shoveller Tournament (Dalhousie)
Jan. 10	@ Laurentian 8 p.m.
Jan. 17	vs. Ryerson 8:30 p.m.
Jan. 18	vs. York 8:30 p.m.
Jan. 24	@ Laval 8 p.m.
Jan. 25	@ Bishop's 8 p.m.
Jan. 31	@ Toronto 8 p.m.
Feb. 1	@ Queen's 8 p.m.
Feb. 7	vs. Ottawa 8 p.m.
Feb. 8	vs. Carleton 8 p.m.
Feb. 11	@ McGill 8 p.m.
Feb. 16	vs. Laurentian 3 p.m.
Feb. 21	@ York 8 p.m.
Feb. 22	@ Ryerson 8 p.m.
Feb. 28	vs. McGill 8 p.m.
March 7	QSSF Semifinal (3 @ 2)
March 9	QSSF Final - Game 1
March 11	QSSF Final - Game 2
March 14	QSSF Final - Game 3 (if necessary)
March 21-23	CIAU Nationals in Halifax

As 'Montreal'



as the Kid, the Flower, and the Rocket

When it comes to sports, Montrealers are a breed apart. From dynasties on ice to celebrations on the soccer field, Montreal fans are famous for their passion, their penchant for nicknames – and their *pride*.

They're also famous for their knowledge of the game. Whether it's the batting average of a right-fielder or the latest rumors of an impending trade, Montrealers know the score every day with the help of The Gazette.

Seven days a week, superstar columnists like Jack Todd, Red Fisher and Pat Hickey cover all the bases in a sports section that's as 'Montreal' as the city that invented basketball.

The Gazette

As Montreal *as ever*

If you miss a little...

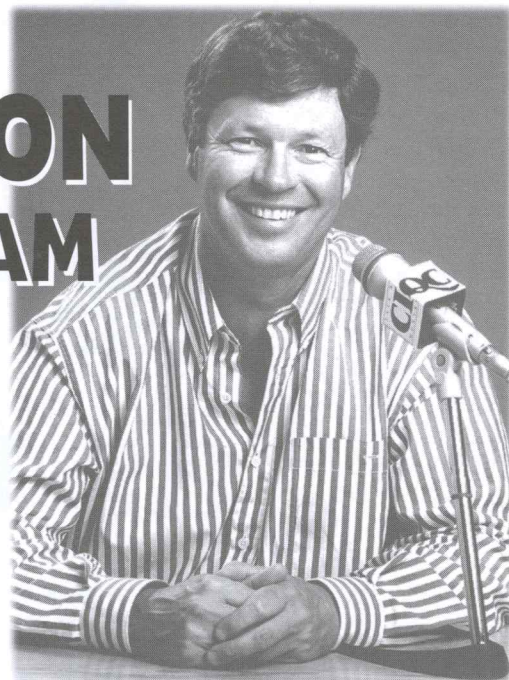
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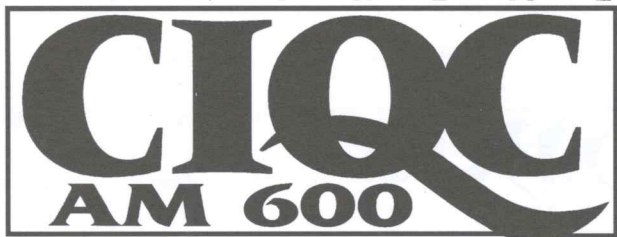
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MITCH MELNICK

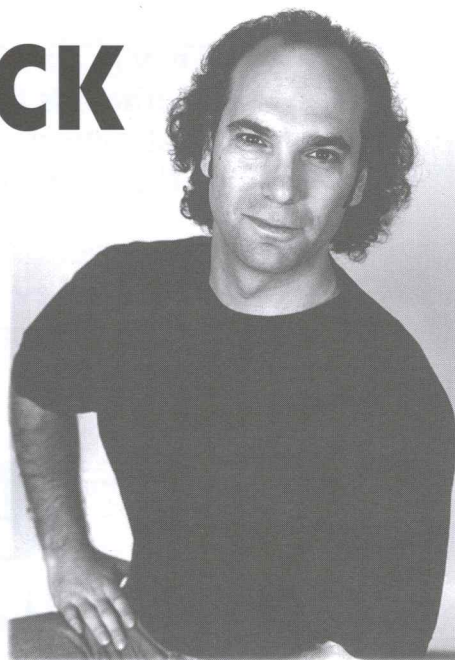
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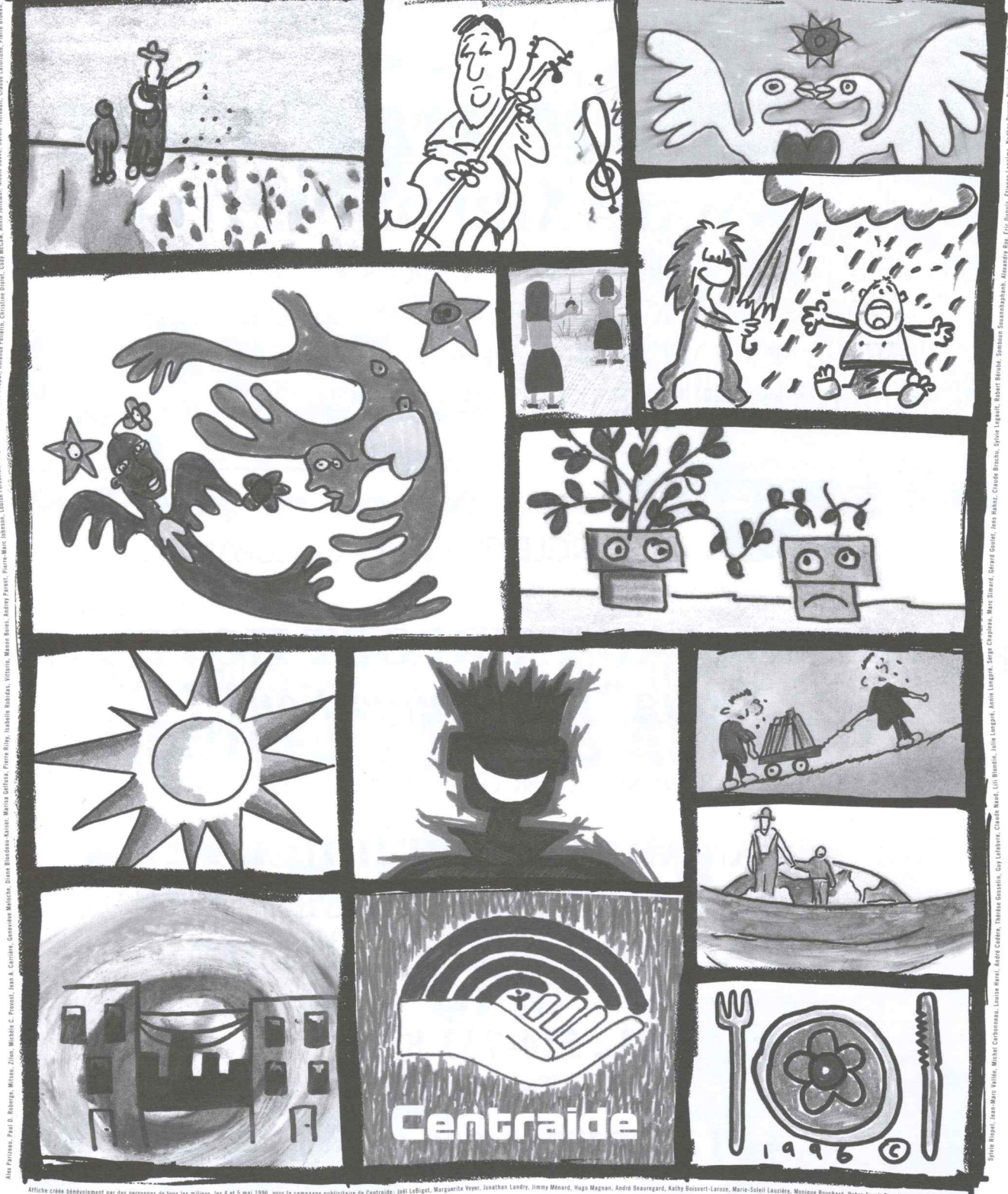
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NATHALIE PARÉ, Director of banquets**

JE DONNE, JE CHANGE

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THE MORE YOU GIVE, THE MORE YOU CHANGE

Concordia Women's Basketball Team



#12
Isabelle Bernier

Forward
6'1"
156 lbs.
Spanish 5
Drummondville, Que.



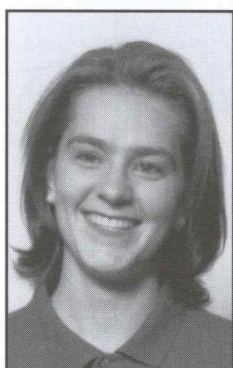
#8
Guylaine Blanchette

Forward
6'0"
150 lbs.
Math 3
St. Leonard, Que.



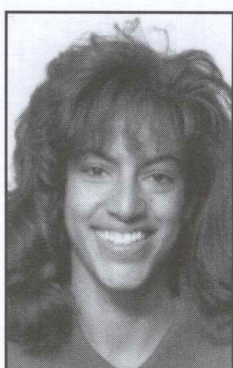
#20
Patricia Demers

Forward
5'11"
170 lbs.
Graduate Studies
St. Laurent, Que.



#13
Marie-Hélène Héroux

Forward
5'11"
150 lbs.
Psychology 3
Trois Rivières, Que.



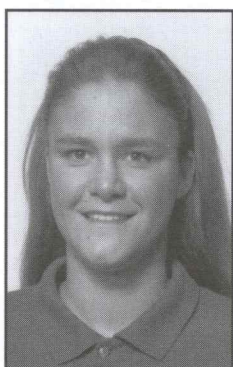
#15
Wanita Jones

Guard
5'10"
145 lbs.
Applied Social Science 3
Montreal



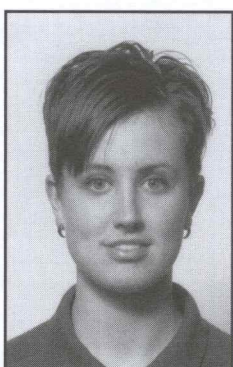
#4
Amy MacDonald

Forward
5'11"
155 lbs.
English 3
Truro, N.S.



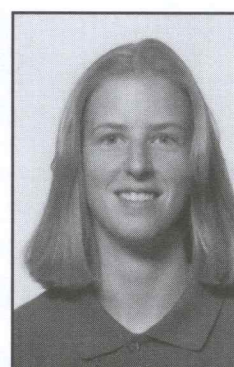
#6
Julie Nadeau

Guard
5'9"
155 lbs.
Leisure Studies 1
Mascouche, Que.



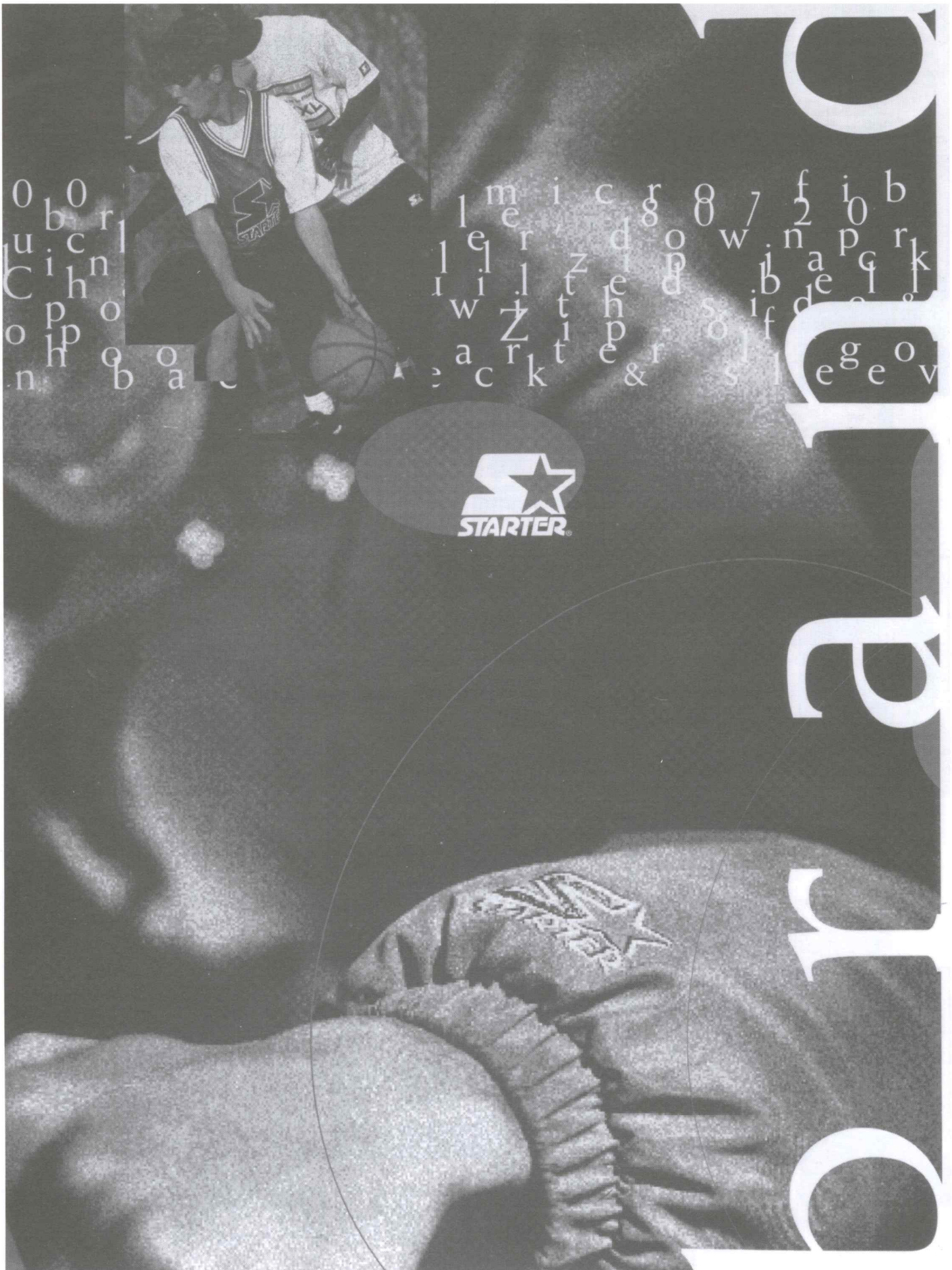
#5
Cauline Penney

Guard
5'9"
145 lbs.
Economics 1
Whitby, Ont.

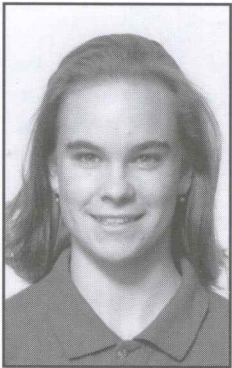


#11
Jennifer Smith

Guard
5'7"
130 lbs.
Sports Administration 1
Pembroke, Ont.



Concordia Women's Basketball Team



#14
Jaime Sochasky

Guard
5'5"
130 lbs.
Exercise Science 1
Kingston, Ont.



#10
Carol-Anne Tull

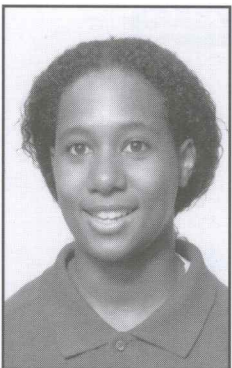
Guard
5'3"
134 lbs.
Independent
Studies 1
St. Hubert, Que.



#7
Wanda Vieira

Guard
5'4"
130 lbs.
Sociology 4
Montreal

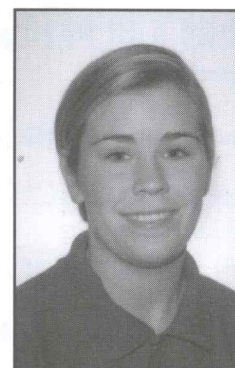
Support Staff



Christine Durrant
Team Manager



Sandy Anderson
Student Therapist



Amy Vermilyea
Student Therapist



Keith Pruden
Head Coach

After a transition year with the Concordia Stingers, head coach Keith Pruden is ready to make his mark in the QSSF and OUAA this season. Now in his second season as head coach, he considers the Stingers "his team" since its now adapted to his systems and molded to better suit his character. Pruden comes to Concordia from the highly successful basketball program at the University of Winnipeg, where he was an assistant coach with the Wesmen from 1989-'95. While with Winnipeg, he won three consecutive

CIAU championships ('93, '94, '95). During that period, the Wesmen tied the college record with 88 consecutive wins in the fall of 1994. The UCLA men's basketball team set the record in the early 1970s. Pruden has also enjoyed many achievements with the Manitoba provincial program. He was head coach of the junior women's basketball team in '94 and '95. He was at the helm of Manitoba's juvenile team in '93. That year he was named the Manitoba Basketball Coaches Association Coach of the Year.

Concordia Women's Basketball Stats

QSSF Women's Standings

Team	GP	W	L	F	A	Pts.
McGill	12	12	0	932	669	24
Concordia	12	7	5	831	826	14
Laval	12	5	7	720	713	10
Bishop's	12	0	12	607	882	0

Leading Rebounders

Name	Team	GP	ORB	DRB	TRB	RPG
Vicky Tessier	McGill	12	47	65	112	9.3
Isabelle Bernier	Concordia	12	32	53	85	7.1
Patricia Demers	Concordia	12	32	50	82	6.8
Anne Gildenhuys	McGill	12	42	35	77	6.4
Kim Van Vliet	Bishop's	12	23	51	74	6.2

Leading Free Throw Shooters

Name	Team	GP	FTM	FTA	Pct.
Jennifer Stacey	McGill	12	31	36	86.2
Sabrina Gaspari	Concordia	12	28	35	80.0
Geneviève Laporte	Laval	12	30	39	76.9
Melani Whims	Concordia	12	24	32	75.0
Josée St. Onge	Laval	12	29	39	74.4

Leading Field Goal Percentage

Name	Team	GP	FGM	FGA	Pct.
Anne Gildenhuys	McGill	12	87	128	68.0
Lesley Stevenson	McGill	12	32	57	56.1
Marie Hélène Bélanger/Laval		12	31	57	54.4
Kim Van Vliet	Bishop's	12	50	92	54.3
Vicky Tessier	McGill	12	85	165	51.5

Leading Scorers

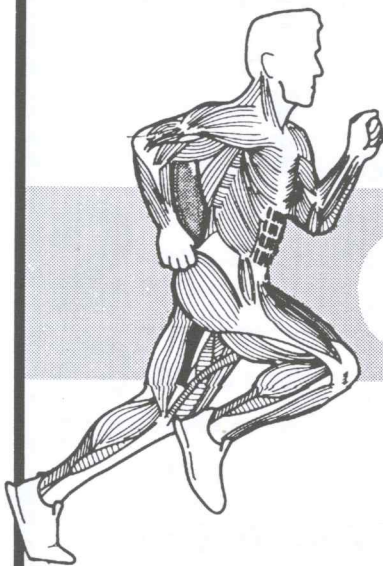
Name	Team	GP	3FG	2FG	FTM	PPG
Vicky Tessier	McGill	12	0	85	69	19.9
Anne Gildenhuys	McGill	12	0	87	34	17.3
Patricia Demers	Concordia	12	3	73	41	16.3
Jennifer Stacey	McGill	12	7	52	31	13.0
Guylaine Blanchette	Concordia	11	0	46	30	11.1

Concordia Individual Statistics

No.	Name	GP	2FG	2FG%	3FG	3FG%	FT	FT%	Pts.	Ave.	RB	Ave.
20	Patricia Demers	12	73	47.4	3	25.0	41	66.1	196	16.3	82	6.8
8	Guylaine Blanchette	11	46	45.1	0	0.0	30	46.2	122	11.1	59	5.4
12	Isabelle Bernier	12	47	38.8	0	0.0	30	50.0	124	10.3	85	7.1
13	Marie-Hélène Héroux	12	35	46.1	0	0.0	31	73.8	101	8.4	62	5.2
10	Sabrina Gaspari	12	17	28.3	9	28.1	28	80.0	89	7.4	37	3.1
14	Melani Whims	12	25	37.3	0	0.0	24	75.0	74	6.2	22	1.8
11	Jennifer Smith	11	19	33.9	2	16.7	13	59.1	57	5.2	26	2.4
7	Wanda Vieira	12	3	13.6	7	41.2	12	57.1	39	3.3	12	1.0
15	Wanita Jones	12	10	33.3	0	0.0	5	45.5	25	2.1	19	1.6
4	Joanne Fasone	2	1	25.0	0	0.0	0	0.0	2	1.0	0	0.0
5	Monica Nolet	3	1	100.0	0	0.0	0	0.0	2	0.7	2	0.7
9	Nadia Murphy	3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.3

1996-'97 Women's Basketball Schedule

Oct. 25-27	Lakehead Tournament
Nov. 1-3	McGill Tournament
Nov. 8-10	Concordia Saxon Classic Tournament
Nov. 15	vs. Queen's 6 p.m.
Nov. 16	vs. Toronto 6 p.m.
Nov. 22	@ Carleton 6 p.m.
Nov. 23	@ Ottawa 6:30 p.m.
Nov. 29	vs. Bishop's 6 p.m.
Nov. 30	vs. Laval 6 p.m.
Jan. 5	vs. Keene State College 2 p.m.
Jan. 10	@ Laurentian 6:15 p.m.
Jan. 17	vs. Ryerson 6:30 p.m.
Jan. 18	vs. York 6:30 p.m.
Jan. 24	@ Laval 6 p.m.
Jan. 25	@ Bishop's 6 p.m.
Jan. 31	@ Toronto 6 p.m.
Feb. 1	@ Queen's 6 p.m.
Feb. 7	vs. Ottawa 6 p.m.
Feb. 8	vs. Carleton 6 p.m.
Feb. 11	@ McGill 6 p.m.
Feb. 16	vs. Laurentian 1 p.m.
Feb. 21	@ York 6 p.m.
Feb. 22	@ Ryerson 6 p.m.
Feb. 28	vs. McGill 6 p.m.
March 5	QSSF Semifinal (3 @ 2)
March 8	QSSF Final
March 14-16	CIAU Nationals in Thunder Bay, Ont.



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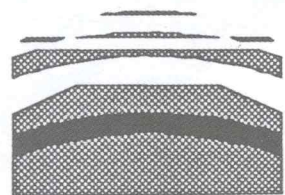
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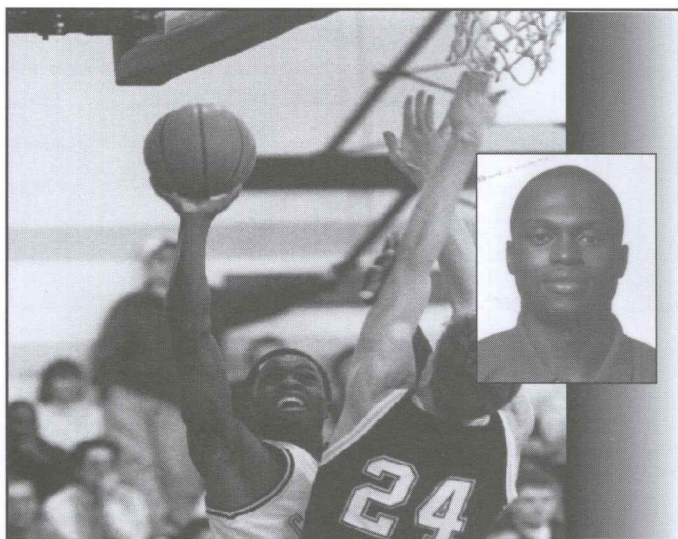
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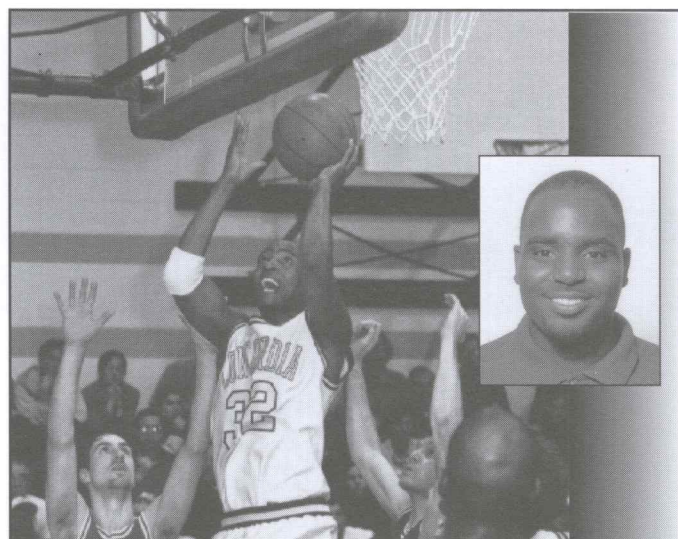


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Oh Brother! Spence & Prosper make basketball a family affair



Jay Prosper and older brother Gaetan (inset) were the first brother combination at Concordia.



Robert Ferguson and younger brother Mark Spence (inset) have both excelled at the guard position.

One man in a thousand, Solomon says,
Will stick more close than a brother

— Rudyard Kipling, 1865-1949

Check out practice at the Concordia gym and at first glance you may see a couple of young men who look familiar, but look again and you realize they are not who you thought they were, but there's just something about them...

Despite the confusion, the instincts are good. Two members of the current team have older brothers who have worn the Concordia uniform. Rookie guard Mark Spence is the younger brother of former Stinger All-Canadian Robert Ferguson. Second-year forward Jay Prosper is on his own this year after sharing the courts with his older brother, all-star forward Gaetan Prosper, last season.

There are pros and cons to having a big brother who is a basketball stand-out. Without his brother Gaetan's encouragement, Jay Prosper would probably be no more than a playground player.

"I finished my first year of CEGEP and didn't play basketball," Jay explained. "My brother told me to go try out for the team at Dawson College. I said, 'I can't just go and try out at Dawson. They've got a good program, and I've never played organized basketball.'"

Jay went to tryouts and made the Dawson Blues, his brother's alma mater, as the 12th man. In his second semester with the team, he earned a starting job. He kept working and improving and in his second year, he made the CEGEP all-star team.

The brotherly encouragement really paid off for Jay, but there was a downside.

"In CEGEP, I was always known as Gates's little brother," Jay said. "People called me 'Little Gates.' People didn't even know my first name."

His first year at Concordia, Jay was prepared to be in Gaetan's shadow since they were playing together. But the Prosper and Prosper connection led to some other family fun.

"At the beginning of the year, we would kind of get on each other for not passing the ball," Jay said. "If it was anyone else on the team, we would've probably said, 'OK' and let it go. But one day at halftime of a game we almost went at it."

There are good things about playing together, too. "It's kind of a nice feeling to know your brother's got your back," Jay said.

Spence has had some different experiences in his role as little brother. At one point, he chose to focus on volleyball, partly because he enjoyed it and partly to carve out his own identity.

"I just wanted to do something different," Spence said.

Eventually he did follow his brother through Vanier College and to Concordia.

"My brother always played basketball, and I picked it up because of him," Spence said. "I used to go see him play at Vanier. I thought he was really talented, a star. I was proud."

With different surnames and a larger age difference, there's less comparison for the Spence-Ferguson brothers, but just the same Mark is looking forward to making a name for himself.

Head coach John Dore, who has a younger brother of his own, is very conscious of all his players' need to be distinct.

"I think that each player aspires to be the best that he can be," he said. "Every person is different. We treat every student-athlete as an individual."

There's a possibility of one more brother coming on board next season. Marc-André Demers, a standout a CEGEP Montmorency, graduates in the spring, and if it's left up to his sister, Concordia all-star forward Patricia Demers, he too will be wearing a Stinger uniform someday soon.

Montreal Marathon no match for Stinger Vieira



Wanda Vieira (left) and sister Ian ran the marathon in just under four hours.

Women's basketball coach Keith Pruden has a somewhat cynical description of a marathon, but it strikes a chord in many people.

"(A marathon) is two miles of mild discomfort and 24 miles of intense pain," he says.

Most of the members of the Concordia Stingers women's basketball team would agree with the coach. There is, however, one exception. Third-year guard Wanda Vieira has always enjoyed long-distance running and last summer she decided to enter the Montreal Marathon.

"My high school track coach, John Maloney, has run about eight marathons," said Vieira, 23. "We always used to joke that we would do one together. So this year we decided to do it."

Vieira and her sister, Ian, began training last summer for the marathon that was held on Sunday, Sept. 22.

"Ian and I didn't train a whole lot," Vieira said. "We ran from June until September. We ran 45 minutes everyday and once a week we would go on a two- or three-hour run just to make sure we knew what it felt like. We would run on Mount Royal and on the bike path in Old Montreal. We pretty much ran all over the city on the days we were trying to run three hours."

Although Vieira says there was some physical pain associated with training to run 26 miles, the biggest challenge was mentally.

"Physically I felt OK, but mentally running for two hours and knowing you still have another hour to go is hard," she said.

When the big day rolled around once again it was hard to focus, but this time Vieira had a couple of extra tricks to help her get through the 26 miles from Collège St. Laurent to Old Montreal.

"I had to keep saying to myself, 'You can't give up now, not after all that you've put into it.' I had to keep picturing myself finishing the



Wanda (right) and Ian celebrate their accomplishment with their mother.

race," Vieira said. "Also all the girls from the basketball team were there. They spaced themselves out along the marathon route to cheer me on. Wanita (Jones) and Pat (Demers) jumped into their car and drove to three different places along the route to encourage me. It really helped me."

Even coach Pruden went to the marathon to offer his support and encouragement, or was it to check up on her?

"I told her not to sprain her ankle or else," Pruden said. "I was just joking with her. I was pleased she wanted to run the marathon. She did well, and I'm proud of her."

Vieira crossed the finish line in 3:56.34. She figures she averaged nine minutes a mile.

Obviously, Vieira arrived at basketball training camp last September in excellent shape, something that pleases Pruden.

"Wanda is a great role model," he said. "She's very determined and intense and she works hard. We're getting in better shape all the time because of people like her. The other players can see the benefits of being in good shape when they watch Wanda play or practise a long time and see she's not getting tired."

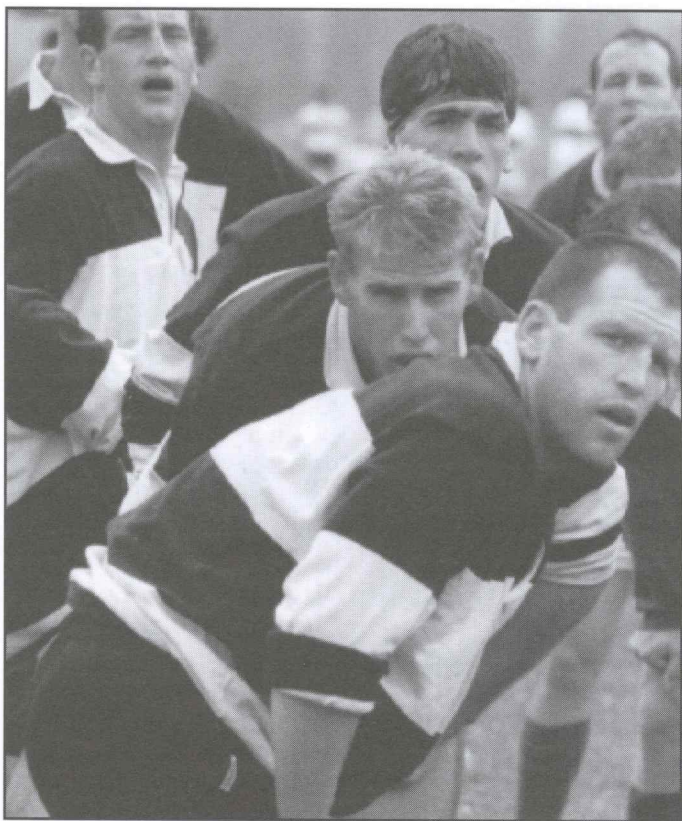
This season, some opponents are also getting lessons in fitness from Vieira.

"The fact that she's in great shape and can play a long time wears down opposing players," Pruden said.

While Vieira is very serious on the basketball court, she's very easy-going away from the gym. She has a good relationship with all her teammates, as witnessed by their support of her at the marathon.

"That gives you an idea of the type of team Concordia is," Pruden said. "The players are cohesive and very supportive of each other."

Rugby experience adds to Furlong's basketball game



Stinger captain Dan Furlong (middle) also finds himself at home in a Montreal Barbarians uniform.

It's hard to imagine someone being able to effectively combine the skills of both basketball and rugby. Basketball is a finesse sport. When Michael Jordan makes his strong, fluid approach to the net, sport just doesn't get any more poetic than that. While rugby has a reputation for being a rudimentary game played by crude people with bad haircuts from the outbacks of Australia and the like.

Somehow Dan Furlong, a fourth-year guard and captain with the Stingers men's basketball team, manages not only to compete in both sports but to use one to complement the other.

"I remember at the beginning when Dan first came to Concordia he was a little hesitant," head coach John Dore said. "He was mild-mannered Dan. We told him he had to play basketball like he played rugby. We needed him to play both defensive and aggressive."

"Rugby makes me more aggressive," Furlong admits. "I think you need that aggressive mentality at this level. Basketball is not the finesse game everyone thinks it is. There's a lot going on out there on the court and a lot of it is physical. There's some big guys out there on the court, and if you don't assert yourself in the first five minutes, you're going to get pushed around and hammered all game."

Basketball is a game Furlong, 24, has been playing more than half his life. He was a "pretty small" seven year old when he found

his way into the gym at the Brookwood Basketball Association in Pierrefonds, Que. When his family moved to the United States, he continued to play basketball in both California and Virginia. Five years later he was back in Pierrefonds and still on the courts.

Furlong wasn't doing much in the way of sports or academics one year when a friend persuaded him to give rugby a try. He hooked up with the Montreal Barbarians, a West Island-based club.

"I went out and I really enjoyed it," said Furlong. "Also, I was good at it. I applied my basketball skills to rugby. I had good hands and I could see the field well."

Furlong, who is a strapping six-foot-three, 205 pounds, played flanker or 8-man with the Barbarians.

"Playing that position, I have to be where ever the ball is," he explained. "You have to be the fittest guy because you are running constantly."

Furlong was an instant success in rugby. He made the Quebec junior rugby team his first year. He eventually moved up to the senior provincial team and represented Quebec at three nationals. Each time the Quebec team finished in second place.

To date, Furlong has competed in four rugby nationals and three basketball nationals with the Stingers.

"The atmosphere at rugby nationals and basketball nationals is really different," he said. "After the rugby games — even though you are there to play hard and win — after the game you all go out and have a beer and it's fun. On the field, your opponent will step on your head, but after he'll buy you a beer and you can talk about the game. I don't think I've ever talked to a basketball opponent after a game unless I knew him before."

For now, rugby is on the back-burner and Furlong is concentrating on the Stingers basketball season, which brings with it new personal and team challenges. Furlong is a co-captain this season, along with fifth-year forward J.P. Reimer.

"Being team captain is different," Furlong said. "It was tough at the beginning. It's a different role to play. It's hard to tell people what to do, but we're just so young this year. J.P. and I are going to have to be always talking to the younger players. I remember being young and how I'd like to hear that I'd done a good job. I think it's important to give confidence to young players early."

One thing Furlong is counting on to help get Concordia through its rebuilding phase is team spirit and unity.

"We have to bond and come together as a team," he said. "We're a family for seven months. Face it, we see each other during the season more than we see our families. We see each other six hours a day at practice, in the weight room, in classes and at the library. It's really important that we bond to have that chemistry on the court."

Bernier and Demers are like two sides of a coin



Concordia post Isabelle Bernier excels on the court and in the classroom.

This year, everyone has great expectations for the Concordia Stingers women's basketball team, and there are many reasons for this sense of hope, but none is more encouraging and reassuring than the presence of fifth-year players Isabelle Bernier and Patricia Demers.

"These two young women are very important," head coach Keith Pruden said. "They are critical to our success – how they lead, how they react if we don't play well, how they support other players. They can be very steady influences. There's nothing that they haven't seen in their basketball experience."

The Stinger team captains have taken similar routes to Concordia and have many shared experiences to draw on, but nevertheless they have varied approaches to leadership.

Demers, who is a five-foot-11 forward explains her approach, "I'm very vocal, expressive. I'm very explosive, emotional and when I play basketball I'm very intense because it is so important to me. I put everything into it."

Bernier, a six-foot-one post, is the perfect complement. She's quiet, very supportive and has great empathy for the younger players, or as Pruden says, she's very "nurturing."

"Isabelle and I are a good combination," Demers said. "She knows how to make a point calmly, and I know how to get people fired up."

Since the two have been playing basketball together for eight years, it's not surprising they work well together. When Bernier was 17 years old she left home in Drummondville, Que., to attend Collège Ahunistic in Montreal. Demers, a native of St. Laurent, Que., also went to Ahunistic. In 1990 and again in 1991, their basketball team won the Canadian college championship. Bernier was named MVP the first time Ahunistic won the national crown.

Just as she was in her senior years at the college level, Bernier is expected to be a big contributor this year.



Forward Patricia Demers is all fired up over the Stingers upcoming season.

"I want her to be a force in the paint at both ends," Pruden said. "She has to be a scorer – not big numbers – but 12 to 16 points a game would be perfect. I also expect her to be a big defensive presence and to get lots and lots of defensive rebounds."

Demers's role is slightly different this season. She's moved from post to wing, and the goals are not the same on the perimeter.

"I expect Pat to be consistent on offence, to take good shots, maybe shoot less but have a higher shooting percentage," Pruden said. "I also expect her to play good defence."

Bernier and Demers commitment is just a strong off the court. They are both standouts in the classroom as well. Bernier, who finished her undergraduate degree in early childhood education last spring, earned Academic All-Canadian honors. This year she is studying Spanish and Italian.

"I wanted to study something that would be helpful to my career," she said. "There are many immigrants in Montreal and a lot of them don't speak French or English. I'm learning Spanish and Italian because of an experience I had working in a daycare. It was there that I ran into a little boy who spoke only Spanish. I said a few words to him and got him to smile."

Demers, who is starting her second year of graduate work, just narrowly missed reaching Academic All-Canadian status. She is working on her Masters of Science in Administration, option management.

Both players are humble and share the credit for their various successes with many people: teammates, family, friends. But mostly it is Pruden they point to, especially when they talk about leading the Stingers.

"Leadership may be something you can find in yourself," said Demers, "but you still need direction and that definitely comes from the coach."

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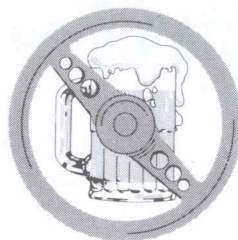
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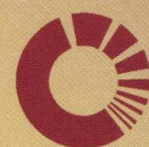
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